

# The Kibbitzer

Congregation Beth Shalom of Brandon  
706 Bryan Road, Brandon, FL 33511  
Phone (813) 681-6547  
[www.BethShalomBrandon.org](http://www.BethShalomBrandon.org)

June 2024 Volume 35 Issue 1



The Fateful Holidays. Shavuot Painting  
Elena Kotliarker

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**The July and August Kibbitzer will be combined into one issue.**

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From the Rabbi's desk...



## Two Historical Clocks

Our lives have been shaped by the ticking of two historical clocks. One runs according to secular time and the other runs according to Jewish time.

Both clocks and the respective worlds that they represent are active points of reference for us. We think of ourselves as living in the late 20<sup>th</sup> century, yet we know that our history began some forty centuries ago. We celebrate the Fourth of July and New Year's Eve, yet Israel's Independence Day and Rosh Hashanah are important events in our lives. In our society, Passover, Easter, Christmas, and Hanukkah coexist with one another. Just as we inhabit two worlds in terms of historical definition and holiday celebration, so, too, this duality extends into the spheres of our contact and concern. We are American but have strong, abiding ties of mutual responsibility with Israel and with World Jewry.

Therefore, a committed diaspora Jew, or a Jew in the Galut must learn to be a juggler. We must strike a subtle balance between the two worlds that we inhabit.

B'ahava, Rabbi Lefkowitz



# The President's Corner



**Steve Billor**

Shalom Everybody

We had such a wonderful Passover Seder at our Temple this past month. Everyone had such a great time, with so many members making it an amazing success. Can't wait to celebrate our Passover seder with my CBS family next year.

We then had the privilege to witness the Bar Mitzvah of Joshua Markhoff on May 4<sup>th</sup>. Joshua did a wonderful job leading our Shabbat service with our Rabbi. Joshua's mom prepared such a wonderful meal after the service. Our Kitchen Mavens jumped in at a moment's notice to help the Markhoff family set up the entire Buffet of delicious Jewish dishes. A big shoutout to Julie Shienbaum, Petie McGuire, and Anna Feldman for working tirelessly to make the Bar Mitzvah meal perfect.

At the time of this publishing, we will have had our Annual Meeting and installation of our Board Members. I am sorry to say, that I will be your president for another two years (Sorry ).

It has been my dream to increase our membership to pre-pandemic levels and have children studying and preparing for their Bar/Bat Mitzvah's at Congregation Beth Shalom. We are slowly getting to that point and moving toward a consistently positive budget. Please continue to support your congregation with your attendance, efforts, and donations to keep Judaism alive in Eastern Hillsborough and Western Polk Counties.

As always, Todah Rabah (Thank you very much) for being a part of the Beth Shalom Family and your time in reading this article.

Steve Billor



# Building and Grounds



Gabe Lifschitz

Taking care of CBS is a mitzvah and anything you can do is greatly appreciated. We need help with handy skills like interior electrical work, patchwork for drywall, and plumbing. If someone does work for you regularly, please send the name and contact information to: [cbs-building@outlook.com](mailto:cbs-building@outlook.com).

Some of the items we need to get fixed include:

1. Fix or replace the exhaust fans in the bathrooms
2. Sheet metal work to repair the south gutter
3. Drywall work to cover a hole in a bathroom

As the summer months arrive there will be more daylight and it will be much warmer. Since June 19<sup>th</sup> was signed into law as a Federal Holiday, we welcome you to the temple at 9:00 AM for some sprucing up below.

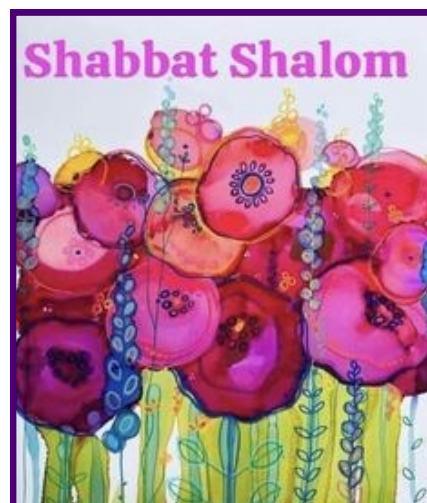
- ♦ Trimming bushes around the building.
- ♦ Removing and bundling twigs.
- ♦ Planting on the north side of the temple.
- ♦ Removing trash from the green dumpster, bagging, and helping take the bags with you to dispose of with your house trash.



## Candle Lighting Times

### Candle Lighting Times

DATE	TIME	PARSHA
Friday, June 7	7:53 PM	Bamidbar
<b>Friday, June 11</b>	<b>7:55 PM</b>	<b>*Shavuot</b>
Friday, June 14	7:56 PM	Naso
Friday, June 21	7:58 PM	Behaalotecha
Friday, June 28	7:59 PM	Shlach



## Oneg Schedule

### June Sponsors

*There can be no joy without food and drink.*

Talmud, Mo'eJ Katan

<b>June 7</b>	Diana & Gerry Gutenstein	In honor of their anniversary
<b>June 14</b>	No Service	Shabbat Shalom
<b>June 21</b>	Neil Spindel	Mitzvah
<b>June 28</b>	CBS Congregation	Please bring a dish to share

**If you'd like to sponsor an oneg, please call**

**Marilyn Sobel at (813)727-1180 or nurseknitter@aol.com**



# Shabbat Morning Services



**June 15, 2024**  
**10:00 AM**

**Torah readers:**

**Myron Feldman**

**Gabe Lifschitz**

**Gabe Sernovitz**

**Neil Spindel**

**Haftorah: Lynn Kaler**

Following the service will be a Father's Day brunch.



# Building and Grounds

**CBS Mitzvah Day**  
**Wednesday, June 19th**  
**9:00 AM**

It's time for a nature day at CBS. We will be doing some much needed yardwork and would love your help. We're going to get an early start to beat the heat, but be sure to bring a hat, gloves, and sunscreen. If you're able to bring a plant or two, that would be great. Beautifying our Temple is a *mitzva* and volunteering is a wonderful way to meet other members. A green thumb is not required. New participants are always welcome!





# Congregation Beth Shalom

## Shabbat Services

**Can't make it to services? Join us online with a live feed from Zoom or Facebook!**

Zoom Link:

[https://us02web.zoom.us/j/89710744448?  
pwd=dkpTR2RFcGtNzdZVFc1Uk5wMFpiQT09](https://us02web.zoom.us/j/89710744448?pwd=dkpTR2RFcGtNzdZVFc1Uk5wMFpiQT09)

Meeting ID: 897 1074 4448

Passcode: 721348

Facebook Link:

<https://www.facebook.com/BethShalomBrandon/>

Find the Mishkan Tefilla (Siddur):

[https://www.ccarnet.org/publications/mishkantfilahforshabbat/?  
fbclid=IwAR2sT9TxlbCvAT\\_VGvYArkHVRfMZTkvxVuSjKsXodlExMFCl7LWOACMzwa](https://www.ccarnet.org/publications/mishkantfilahforshabbat/?fbclid=IwAR2sT9TxlbCvAT_VGvYArkHVRfMZTkvxVuSjKsXodlExMFCl7LWOACMzwa)

### CBS Office Hours

The administrative office is currently open by appointment only. We can be reached by calling the office, (813)681-6547, email, [cbsbrandon@outlook.com](mailto:cbsbrandon@outlook.com) or you may contact Rabbi Lefkowitz on his phone or email. (407)222-6393 or [rlefkowi@bellsouth.net](mailto:rlefkowi@bellsouth.net).

Rabbi Lefkowitz will be available for in person meetings on Fridays. You may call him directly to schedule an appointment.

Although our hours are limited, we are always here for you. Do not hesitate to reach out with any needs, concerns, or questions.

### Congregation Beth Shalom

provides a meaningful spiritual home for people of all ages and levels of knowledge, a place to learn and to question, a place to worship and to celebrate, and a place to find a community that cares.

#### We offer:

- ✧ Friday worship services at 7:00 PM
- ✧ Complete B'nai Mitzvah preparation
- ✧ Adult Education classes
- ✧ Communitywide events
- ✧ Community Food Bank

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*Becoming a partner in our congregation offers an opportunity for enduring friendships and a personal spiritual journey. A place in our Jewish community.*

*Members also have free access to many of our educational and entertainment events.*

*Call Judith Pliner (856) 8162174*

# Dinner with the Tribe

## Acropolis

6108 Winthrop Town Ctr

Riverview, FL 33578

Saturday

June 22, 2024

6:00 PM

The food is Mediterranean with a Greek slant. It's moderately priced even though portions are very generous and you'll likely have some to take home for another night. Acropolis is a highly rated restaurant in the Brandon/Riverview area and a favorite of many.

The atmosphere is festive, even having the servers get up to dance to Greek music. They won't be breaking plates, but will throw napkins. It's a fun place and a definite upper, especially enjoyable with a group. Since it will be June, we'll be comfortably cool inside. Please RSVP to save a seat.

Anita - [niewdnarb@yahoo.com](mailto:niewdnarb@yahoo.com)

# THANK YOU!

A heart felt thanks to the following people for their help in making our CBS Family Seder possible:

Rabbi Lefkowitz	Gabe Lifschitz
Steve Billor	Tom May
Jennifer Billor	Craig Metzger
Myron Feldman	Heather Metzger
Stephnie Ferry	April Newport
Carol Anne Friedman	Carol Roberts
Dave Friedman	Sandy Santucci
Gerry Gutenstein	Sandy Schwartz
Diana Gutenstein	Julie Shienbaum
Howard Korn	Marilyn Sobel
Dee Dee Korn	



# Our Congregation

## Yahrzeits



6/3	Bernie	Friedman	Father	Of	David	Friedman
6/13	Clara	Shienbaum	Mother	Of	Marvin	Shienbaum
6/18	Robert	Hirshenson	Father	Of	Steve	Billor
6/26	Oliver	Workman	Father	Of	Anna	Feldman
6/28	Ed	Bang	Friend	Of	Bill	Kalbas
6/28	Irwin	Shaw	Cousin	Of	Toby	Koch

## Birthdays

6/1	David	Sobel
6/4	Gail	Verlin
6/10	Caren	Magdovitz
6/11	Howard	Korn
6/12	Carole	Plesur
6/12	Sandra	Santucci
6/23	Lee	Schwartz
6/25	Sheryl	Finke

## Anniversaries

6/6	Gerry and Diana	Gutenstein
6/6	Eric and Jennifer	Silverstein
6/11	William and Jacqueline	Kalbas



# Donations

Arlene Grey  
Diana & Steve Gutenstein  
Shirley Ratner  
Sandy Schwartz  
Neil Spindel



## In Loving Memory:

Marianne Finke  
Mother of Mark Finke  
Judith & Gerry Pliner  
Sandy Schwartz

## Kibbitzer Kudos

Anna Feldman  
Petie McGuire  
Julie Shienbaum

For the outstanding job you did in setting up the Bar Mitzvah luncheon. Your help was very much appreciated.



# ANNUAL MEETING

# Sunday, May 19th





# Bar Mitzvah

## Joshua Markhoff



# Shavuot

Shavuot is a two-day Jewish holiday (**June 11-13, 2024**) that commemorates the date when G-d gave the Torah to the Jewish people at Mount Sinai over 3,000 years ago. Preceded by 49 days of counting in eager anticipation, Shavuot is celebrated through desisting from work, candle-lit dinners, staying up all night to study Torah, listening to the reading of the Ten Commandments in synagogue, enjoying dairy foods and other festivities.

Shavuot is a two-day holiday, beginning at sundown following the 5th of Sivan and lasting until nightfall of the 7th of Sivan (June 11-13, 2024). In Israel it is a one-day holiday, ending at nightfall of the 6th of Sivan.

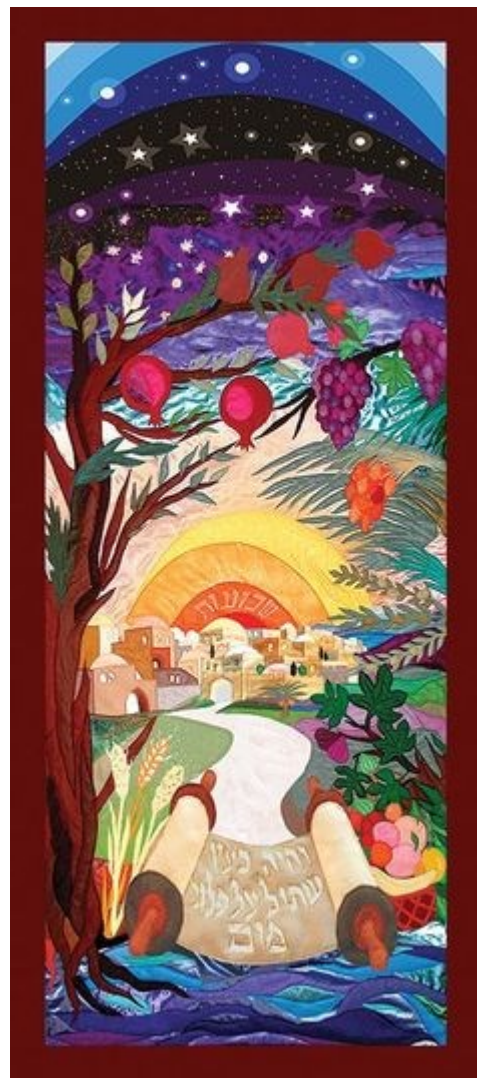
## What Shavuot Commemorates

The word *Shavuot* (or *Shavuos*) means “weeks.” It celebrates the completion of the seven-week Omer counting period between Passover and Shavuot.

The Torah was given by G-d to the Jewish people on Mount Sinai on Shavuot more than 3,300 years ago. Every year on the holiday of Shavuot we renew our acceptance of G-d’s gift, and G-d “re-gives” the Torah.

The giving of the Torah was a far-reaching spiritual event—one that touched the essence of the Jewish soul for all times. Our sages have compared it to a wedding between G-d and the Jewish people. *Shavuot* also means “oaths,” for on this day G-d swore eternal devotion to us, and we in turn pledged everlasting loyalty to Him.

In ancient times, two wheat loaves would be offered in the Holy Temple on Shavuot. It was also at this time that people would begin to bring *bikkurim*, their first and choicest fruits, to thank G-d for Israel’s bounty.



## How Is Shavuot Celebrated?

- Women and girls light holiday candles to usher in the holiday, on both the first and second evenings of the holidays.
- It is customary to stay up all night learning Torah on the first night of Shavuot.
- All men, women and children should go to the synagogue to hear the reading of the Ten Commandments on the first day of Shavuot.
- As on other holidays, special meals are eaten, and no “work” may be performed.
- It is customary to eat dairy foods on Shavuot. Menus range from traditional cheese blintzes to quiches, casseroles and more.
- On the second day of Shavuot, the Yizkor memorial service is recited.
- Some communities read the Book of Ruth during morning services, as King David—whose passing occurred on this day—was a descendant of Ruth the Moabite.
- Some have the custom of decorating their homes (and synagogues) with flowers and sweet-smelling plants in advance of Shavuot.

By Chabad.org



# Mindfulness

## **Mindfulness: Is freeing yourself harder than parting the Red Sea?**

*Mindfulness involves releasing attachment to our thoughts and emotions, rather than becoming entangled in them and seeing them as personal traits.*

By SUSIE KEINON APRIL 29, 2024 11:28 Jerusalem Post

On the seventh day of Passover, according to the Midrash, Jews celebrate the crossing of the Red Sea after being liberated from slavery in Egypt. The Children of Israel were standing at the Red Sea when they saw the Egyptian forces approaching on chariots. They cried out in panic and asked if they were taken out of slavery because there were no graves in Egypt: “Is it better for us to serve the Egyptians than to die in the wilderness?” they asked. (Exodus 14:12)

They had been enslaved in Egypt for 430 years and even though they had achieved their freedom, they still brought along their baggage of past experiences of passivity, timidity, and dependency on their masters for sustenance. They didn’t “need” these qualities anymore now that they were free, and yet they continued to cling to the mindset of slaves. They sought safety in what felt familiar.

In our own lives, we often cling to things that don’t serve us well, such as bad habits and negative experiences. When it comes to experiences from the past, all we can do is accept whatever it is we’re holding on to and then work on letting it go. That’s how to bring about growth and change.

Some people have trouble letting go of their pain or other unpleasant emotions about their past because they think those feelings are part of who they are. Painful feelings can be familiar and comfortable, especially if they’re all you know.

Psychoanalyst Carl Jung said, “I am not what happened to me, I am what I choose to become.” But it’s not so simple. The past and the present get mixed up in our minds.

One way to notice and distinguish between our current experiences and past thoughts or emotions is by practicing mindful meditation, which helps us connect more deeply with the present moment. Mindfulness is like a spotlight on your awareness in the present moment.

When we meditate, we notice how thoughts, sensations, and events are dynamic and fleeting. This gives us more freedom to choose how to react in the present moment and encourages us to react less automatically.

Mindfulness involves releasing attachment to our thoughts and emotions, rather than becoming entangled in them and seeing them as personal traits. When we stop trying to hold on to these thoughts or feelings from the past, or whatever doesn’t serve us well, we become freer to live in peace. To release whatever we’re holding onto, we can practice letting go, by tuning into our bodies and consciously inviting a gentle release of the things we want to let go of.

### **Body scan: A mindfulness practice to help let go**

One way to explore this idea of letting go is the mindfulness practice of the body scan. As you scan different areas of your body and observe the physical sensations, thoughts, or feelings, take a few breaths and imagine softening and letting go.

Letting go is a practice of acknowledging what we’re feeling, and surrendering what no longer serves us. It invites us to connect to the present moment by giving attention to and observing the body and the mind. This can bring some ease and release of what is weighing on us.



# Mindfulness

pg 2

Let's try a short body scan to release or let go of what lies heavy on our minds and hearts. Begin by getting settled into a comfortable position, either seated or lying down.

CLOSE YOUR eyes if you like and notice the contact that your body makes with the surface that supports you– such as the chair, cushion, or mattress.

- Take a few conscious breaths, allowing your body to sink into the surface that supports you. Pause briefly, then notice the air as it enters your nose and as it leaves your nose or mouth.
- Notice the movement of your chest as you breathe and notice the rise and fall of your stomach as you breathe in and breathe out. Pause again.
- Gently scan your body for any sensations such as tension, tightness, heaviness, warmth, or tingling. Take some time to check in with your body, and then pause again.
- Imagine directing your breath to an area or areas in your body with a sensation or sensations (pause).
- Notice your mind right now – is it alert, distracted, bored, relaxed, or something else?
- Pay attention to your thoughts – especially the thoughts that might be automatic and self-critical.
- Is there a thought that you could let go of right now? A thought that doesn't serve you or is holding you back? Is this thought true? Does this thought help you?
- Imagine that with every outbreath you are slowly releasing this thought (Pause).
- Notice any reactions of resistance to letting this thought go.
- Notice if there are feelings of lightness or freedom.
- Shift your attention to your heart and the area around the heart.
- Breathe towards this area and notice whatever feelings or sensations are coming up right now, and then pause again.
- Then imagine releasing whatever is making your heart heavy right now – such as worry or regret.
- Breathe freely, and then notice any sensations of lightness. Can you smile at yourself and appreciate the effort you're making to live more with ease and let go of the things that burden you?
- When you're ready, bring your attention back and slowly open your eyes if they are closed. Consider making an intention to do this practice regularly.

THE JEWISH major holidays are also connected to the agricultural cycle. In spring, we plant our crops and are filled with hope and the possibility of a new beginning. "Remember this day that you are leaving Egypt... today you are leaving in the month of the spring. When you come to Israel, keep this custom in this month." (Ex.13:3-6 and Deut. 16:1)

Spring is a time for renewal and potential growth. A seed can't stay a seed forever. When cared for with nourishing soil, rays of sunlight, and drops of water, the seed changes shape and starts to become whatever it is meant to be.

What are you clinging to that doesn't serve you well?

Just like planting a seed, it takes time and patience to make something grow. The Jewish people's journey to nationhood began with the seed of freedom planted at the Red Sea.

Now is the time for us to plant our own seeds of freedom.

# Faith Family UCC

## FOOD DRIVE



We are open for food distribution the third Sunday of every month from 1 PM to 3 PM.

### Most needed items:

#### Groceries:

Canned tuna  
Canned chicken  
Peanut butter  
Jelly  
Honey  
Rice side dishes  
Pasta side dishes  
Instant potatoes  
Canned fruit  
Flour  
Sugar  
Oil  
Baking mixes

#### Personal Items:

Shampoo  
Conditioner  
Deodorant  
Soap  
Hair brush  
Combs  
Toothbrushes  
Toothpaste  
Feminine hygiene

#### 2024 Food Bank Dates

June 16  
July 21  
August 18  
September 15  
October 20  
November 17  
December 15

Jill Glasgow  
(813)760-0743

[Jillgmax@verizon.net](mailto:Jillgmax@verizon.net)

Please bring your non-perishable foods and/or personal items in a bag to CBS. We will have large bags available for your convenience. There is a donation box in the lobby for your donation. We operate a food bank once a month to serve the community. Thank you for your support!

# Baseball

## Jewish Community Day

### August 11th at 1:40 PM

## Jewish Community Day

Tampa Bay Rays vs Baltimore Orioles. Sunday, August 11  
at 1:40 p.m. Gates open at 12:40pm



Fans can purchase a special Jewish Community Day package that includes a seat in the Lower Level and a limited-

edition Jewish Community Day snapback hat. Groups will receive preferred seating.

The group rate is \$40.00pp. It is always fun to watch the game in person with a group of people you know and support this annual event.

In order to sit together the seats must be purchased by one person. If you are interested contact Toby Koch at [tobykoch@hotmail.com](mailto:tobykoch@hotmail.com) by May1, 2024.

Seats are limited.

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*What I did on my summer vacation...*

# Time for a Nosh

## Spinach Lasagna With Ricotta

By Zaynab Issa from Bon Apetit



*This easy spinach lasagna recipe was designed so that you can assemble the pasta dish months in advance, stash it in the freezer, and then toss it straight into the oven on a weeknight when you don't feel like cooking but still want to eat something homemade. (But, if you want to bake and eat it right away, that works too.) It starts with store-bought lasagna noodles that you don't even have to boil. Important: Don't make the mistake of buying "no-boil noodles" as these can turn mushy when cooked. The secret to achieving the ideal al dente texture here lies in the quick homemade marinara sauce, made with just enough liquid to cook the noodles through without leaving the baked casserole too watery.*

*The creamy ricotta cheese mixture layered throughout this vegetarian lasagna is fortified with cream cheese and heavy cream, ensuring a lush sauce that won't dry out or turn grainy. We fold thawed frozen spinach into the ricotta mixture (make sure to drain it and press on the solids to remove excess water). If you don't have spinach on hand, take this as an opportunity to use up whatever cooked vegetables you have left over, like grilled zucchini or sautéed mushrooms. Covering the lasagna with aluminum foil helps the comfort food classic cook evenly and keeps the top from drying out. But do uncover the dish and finish with a quick broil to achieve a burnished top enhanced by a shellac of Parmesan cheese.*

¼ cup extra-virgin olive oil, plus more for pan  
 5 garlic cloves, finely chopped  
 1 28-oz. can whole peeled tomatoes  
 ¼ tsp. crushed red pepper flakes  
 1 tsp. Morton kosher salt, divided  
 1 16-oz. package frozen chopped spinach, thawed, drained  
 1 16-oz. container whole-milk ricotta  
 4 oz. cream cheese, room temperature  
 3 oz. Parmesan, finely grated, plus more for serving  
 1½ cups heavy cream  
 Freshly ground pepper  
 15 dried lasagna noodles (from a 16-oz. box; not no-boil)



### Step 1

Preheat oven to 375°. Grease a large 13x9" baking dish with extra-virgin olive oil. Heat ¼ cup extra-virgin olive oil in a medium saucepan over medium. Add 5 garlic cloves, finely chopped, and cook, stirring, until beginning to brown around edges and fragrant, about 2 minutes. Add one 28-oz. can whole peeled tomatoes and ¼ tsp. crushed red pepper flakes and crush tomatoes with a wooden spoon to form a mostly smooth sauce. (If your tomatoes are on the firmer side, use kitchen shears or a potato masher to break up.) Season with ½ tsp. Morton kosher salt and cook until mixture is thickened and flavors have come together, 15–17 minutes. Transfer to a 4-cup heatproof measuring glass and, stirring constantly, pour in water to make 3 cups sauce.

### Step 2

Meanwhile, mix one 16-oz. package frozen chopped spinach, thawed, drained, one 16-oz. container whole-milk ricotta, 4 oz. cream cheese, room temperature, and 3 oz. Parmesan, finely grated, in a large bowl to combine, then mix in 1½ cups heavy cream. Season with freshly ground black pepper and add remaining ½ tsp. Morton kosher salt.

### Step 3

Pour a scant ½ cup tomato sauce into prepared baking dish and spread into a thin layer just to coat. Place 3 dried lasagna noodles in a single layer on top. Spread 1 cup spinach mixture over evenly. Pour ½ cup sauce on top and spread over evenly. Starting with another layer of noodles, repeat process to create 4 more layers. Sprinkle a thin layer of finely grated Parmesan on top and cover pan with foil.

### Step 4








If not making ahead, bake lasagna 45 minutes. Heat broiler. Uncover lasagna and broil until top is golden brown and bubbly, about 4 minutes.

Do ahead: Lasagna can be assembled 3 months ahead; cover tightly and freeze. Bake, covered, in a 375° oven 45 minutes. Uncover and bake 10 minutes more. Broil about 3 minutes.



# June 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Ex Com Mtg 6:30 PM Board Mtg 7:00 PM	5 Jerusalem Day 	6 Adult Ed 7:00 PM 80th Anniversary Of D-Day	7 Erev Shabbat Service 7:00 PM 	8
9	10	11 Erev Shavuot	12 Shavuot	13 Adult Ed 7:00 PM	14 No Shabbat Service 	15 Torah Service 10:00 AM  Kiddush Lunch 12:00 PM
16 Father's Day  Food Bank 1:00 to 3:00	17	18	19 Juneteenth 	20 Adult Ed 7:00 PM	21 Erev Shabbat Service 7:00 PM 	22
23	24	25	26	27 Adult Ed 7:00 PM	28 Erev Shabbat Service 7:00 PM 	29
30						